



THE PHYSICIAN'S *Bookshelf*

MEDICAL PHYSIOLOGY—Tenth Edition—Edited by Philip Bard, Professor of Physiology, School of Medicine, The Johns Hopkins University. The C. V. Mosby Company, St. Louis, 1956. 1421 pages, \$14.00.

It is almost customary for textbooks in physiology to have a heavy emphasis in one field with rather cursory treatments of other fields. In the case of Bard's *Medical Physiology* the reverse seems to be true. In general the treatment of the subject matter of physiology shows rare balance. Circulation justly receives the most extensive treatment, but not to the detriment of respiration, alimentation, metabolism and nutrition, endocrinology and neurophysiology. Each of the above are dealt with in a thorough, business-like manner. Perhaps special mention should be made of the chapters on the circulation because of their easy readability and, indeed, beauty of prose styling. The principal defect in the balance of the book is its inadequate treatment of the kidney. Less space is devoted to the entire subject of kidney function than to the reflex activity of the spinal cord. However, although this is a serious defect in any book intended for use with medical students, it is compensated for to some extent by the treatment of subjects of clinical importance that are usually neglected. For example, in the section entitled "Respiration" alone the chapters on "Abnormal types of breathing," "Anoxia," and the "Poisonous effects of nitrogen, oxygen and carbon dioxide" contain much physiological pathology frequently not introduced in medical education until later in the clinical years and hence often not considered "physiological" by the student.

With the exception noted above this text is well-rounded, easy to read and quite complete. It should receive wide acceptance as a basic reference as well as teaching text in medical physiology.

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EXPERIMENTAL PSYCHOPATHOLOGY—Edited by Paul H. Hock, M.D., New York State Psychiatric Institute; College of Physicians and Surgeons, Columbia University, New York City; and Joseph Zubin, Ph.D., New York State Psychiatric Institute; Department of Psychology, Columbia University. The Proceedings of the 45th Annual Meeting of the American Psychopathological Association, held in New York City, June 1955. Grune & Stratton, New York, 1957. 275 pages, \$6.50.

This collection of papers from the 1955 meeting of the American Psychopathological Association is designed to present the main experimental trends in the field of psychopathology. In the words of the editors: "It covers the entire gamut from animal to man, from perception of social attitudes to experimental induction of depersonalization." The papers are evidence of the increasing attempts to apply the scientific method to the study of emotional disorders—and to test psychogenic hypotheses.

Some of the work on experimental animals, while interesting, will be difficult for the physician, except those familiar with the language of experimental psychology, to understand. However approach-avoidance experiments performed with cats by Norma A. Schefflen, Ph.D., demonstrated

how fear produced in one situation was carried over to a similar situation and how extinction of fear in the similar situation reduced the fear of the original situation. A possible relationship between such experimental findings and the development and treatment of psychiatric disorders was suggested.

Drs. Gantt and Dykman, in conditioning experiments with dogs, demonstrated an increase in heart rate upon application of the stimulus that appeared before somatic motor conditioned responses and that persisted for long periods of time and sometimes accompanied by the development of additional "neurotic" symptoms after the experiments were discontinued. Some inferences regarding cardiac neuroses in humans were suggested.

Other papers dealt with behavior and metabolic cycles found in man and produced experimentally in animals by brain or endocrine gland lesions or by severe stress, with the effects of hallucinogenic drugs, with psychotherapy, studies in human ecology and the problem of "consciousness" and awareness.

The volume will appeal mostly to the physician who is concerned with the investigation or treatment of emotional disorders but will be of interest to others who are following the changing trends in psychiatry.

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STEPS FOR TODAY TOWARD BETTER MENTAL HEALTH—Pointers to Action for All Who Give Health Services—Report of the 1957 National Health Forum. Edited by Josephine Nelson and Elizabeth M. Dach. National Health Council, 1790 Broadway, New York 19, N. Y., 1957. 118 pages, \$1.50.

The National Health Forum annually considers a health problem or development of nationwide concern needing planning and perhaps action. In 1957 the Forum focused on "Steps for Today Toward Better Mental Health." This summary provides an excellent manual for individuals or groups interested in the Community Mental Health services program.

One interesting section "*When to Call the Psychiatrist*" lists the following as bases for seeking psychiatric help:

- (1) When a person is not himself for a period of time.
- (2) When a person expresses ideas which you know don't make sense.
- (3) When a person makes silly mistakes over a period of time and you know that he knows better.
- (4) When a person acts or talks like he doesn't know where he is or what day it is, for a period of time.
- (5) When one consistently makes those around him unhappy, upset, worried, over a period of time, say a few months or so, and there is no reasonable, acceptable explanation that is not rationalization.
- (6) When a person drinks enough to interfere with work, school, or decent family or social relationships.
- (7) When a person loses appetite or weight over a month or so, and there is no physical illness or need to lose weight.
- (8) When one has trouble sleeping over a period of time, losing sleep to the point that he shows irritability.